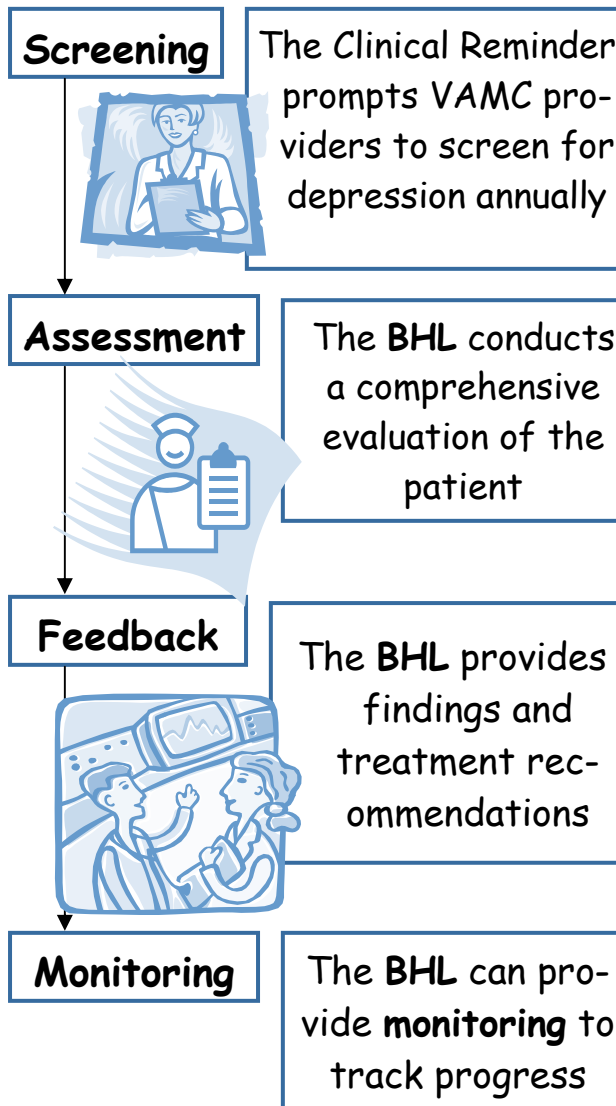


- Depression increases health care utilization and costs \$17 billion in lost workdays each year.
- Recognizing and diagnosing depression in patients in a primary care setting may be particularly challenging because patients, especially men, rarely spontaneously describe emotional difficulties.
- Early identification and proper treatment significantly decrease the negative impact of depression in most patients.

Selected References

1. Agency for Healthcare Research and Quality U.S. Preventive Services Task Force
<http://www.ahrq.gov/clinic/uspstf/uspdepr.htm>
2. Doctor's Guide
<http://www.pslgroup.com/dg/c56fa.htm>
3. American Family Physician www.aafp.org/afp



For BHL Assessments, the Health Technicians can be reached toll free at:

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Managing Depression in Primary Care: How the Behavioral Health Laboratory Can Help



The BHL



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- The U.S. Preventive Services Task Force recommends screening adults for depression within Primary Care practices that have systems in place to assure accurate diagnosis, effective treatment, and follow-up.

- **The Behavioral Health Laboratory (BHL)** is a clinical service that provides comprehensive mental health and substance abuse assessments for primary care patients.
- The BHL functions much like a clinical hematology laboratory, conducting specific tests and sending the test results back to the clinician with guidelines for their interpretation and recommendations to assist in clinical decision-making.

- The BHL will provide the primary care team with a comprehensive assessment.
- The BHL addresses important diagnostic features such as identifying degree of impairment, and co-morbid psychiatric disorders.
- The BHL identifies the need for further follow ups and issues that can be discussed at the next primary care visit.
- Assessment by the BHL will also allow rapid triage for those who do need referral to the Behavioral Health Clinic .
- The BHL encourages the patient to participate in care.

- The BHL encourages clinicians to utilize the BHL for monitoring of care.
- Clinicians can request follow-up evaluations at specified intervals of care or request a packet of monitoring for patients in whom treatment was recently initiated.
- The depression monitoring package consists of regularly schedule follow-up assessments for up to 3 months monitoring side effects, symptoms and adherence to treatment.
- At each time point, a report is generated to the clinician with specific recommendations.

